

LEGION no more

*As a community following Christ,  
we **LOVE** with an open heart,  
**GROW** with a curious mind,  
and **SHARE** with a generous spirit.*

## WELCOME TO WORSHIP

*Please turn off all cell phones.*

*If you are visiting with us today, we extend to you a particular welcome  
and invite your questions and comments.*

*Our entire worship service is printed in this worship folder for your  
convenience.*

*Hearing assistance devices are available in the Narthex.*

*Child care is available for children ages 5 years and under in the Child  
Care Area, across from the Life Together Hall.*

In the order of service, the words  
that are spoken by a leader are in regular type.

**Words spoken by the assembly are in boldface type.**

NARRATIVE LECTIONARY 223

# **JESUS and the GERASENE DEMONIAK**

*Sunday, January 21, 2024 • 8:15 a.m. and 10:45 a.m.*

PRELUDE

ANNOUNCEMENTS

*Stand.*

## CONFESSION AND FORGIVENESS

*All may make the sign of the cross +, the sign that is marked at baptism, as the presiding minister begins.*

Blessed be the holy Trinity, + one God,  
creator of darkness and light,  
word of truth,  
wind sweeping over the waters.

**Amen.**

Let us confess our sin in the presence of God and of one another.

*Kneel or continue standing. Silence is kept for reflection.*

God, our rock and refuge,

**we pour out our hearts before you.**

**We have known you but have not always loved you.**

**We have wounded one another  
and sinned against you.**

**We have not always recognized the Holy Spirit  
dwelling in each of us.**

**Remember your covenant.**

**Renew your creation.**

**Restore us,**

**that we might proclaim your good news to all.**

**Amen.**

The voice of the Lord is upon the waters.

God has spoken:

The time of grace is now.

In Jesus, the reign of God has come near.

By the authority of + Jesus Christ,  
your sins are forgiven.

You are God's beloved.

**Amen.**

# KYRIE • "KYRIE"

*All Creation Sings, Holy Communion, Setting 11*



O Lord, have . . . mer-cy up-on us. Christ, have mer - cy.



O Lord, have . . . mer-cy up-on us. Christ, have mer - cy.



Have mer - cy, O Lord. Have mer - cy, O Lord.

## GREETING

The grace of our Lord Jesus Christ,  
the love of God,  
and the communion of the Holy Spirit  
be with you all.

**And also with you.**

# HYMN OF PRAISE • "OH, SING TO GOD ABOVE"

*Evangelical Lutheran Worship 555*



1 Oh, sing to God a - bove a hymn of joy - ful greet-ing,  
2 Oh, sing to God a - bove a hymn of praise and bless-ing,



a song of grate-ful love in the new day's light re - peat - ing:  
a song of grate-ful love, hope and faith our hearts ex - press - ing:



you made the sea and sky, the sun and stars in splen-dor;  
cre - a - tion lifts its voice to tell your might and glo - ry,



de - light shone in your eye— all your works were filled with won-der.  
and we, too, will re - joice to pro - claim the sav - ing sto - ry.

*Refrain*

Al - le-lu - ia! Al - le-lu - ia! Oh, sing to God a -

bove: Al-le - lu - ia! Al - le-lu - ia! Al - le-lu -

ia! Oh, sing to God a - bove: Al-le - lu - ia!

*Last time*

Oh, sing to God a - bove: Al-le - lu - ia!

## PRAYER OF THE DAY

Let us pray.

Jesus, healer of mind and body, we sometimes suffer at the hands of physical, mental, and spiritual ailments. Quiet our minds, still our hearts, and empower our bodies, so that we may be whole and healed.

**Amen.**

*Sit.*

# PSALM • "I WILL SING"

*PsalmSongs Volume 1 • Psalm 89*

*Cantor sings refrain; then all repeat.*

*Cantor: verses; congregation: refrain.*



The image shows two staves of musical notation in 4/4 time, G major. The first staff is for the cantor and the second is for the congregation. Both staves have a treble clef and a key signature of one flat. The lyrics are written below the notes.

I will sing, I will sing, I will sing for-ev-er of your love, O Lord;

I will sing, I will sing, I will sing for-ev-er of your love.

I will sing forever of your love and in every age proclaim your truth.  
O Lord, I am sure that your love lasts forever,  
and your truth is as firm as the heavens. **Refrain.**

I have found David, my servant, with my holy oil anointed him,  
my hand shall always be with him,  
and my arm it shall strengthen him. **Refrain.**

I find pleasure in your name, O Lord, and your justice fills my heart with joy.  
How blessed are they who acclaim you as King  
and who walk in the light of your face. **Refrain.**

My truth and my love shall be with him, in my name his might shall be lifted up.  
He will say to me "You are my Father my God,  
the Rock of my salvation." **Refrain.**

To my chosen one I made a promise. I have sworn to David, my servant,  
"A descendant of yours will always be King,  
and your throne will last till the end of time." **Refrain.**

I will keep my promise to him, and my love shall last forever.  
He will say to me "You are my Father my God,  
the Rock of my salvation." **Refrain.**



Stand.

## ACCLAMATION OF SCRIPTURE

*All Creation Sings, Holy Communion, Setting 11*

Al-le - lu - ia, al - le-lu - ia. Al-le - lu - ia, al - le-lu - ia.

Al-le - lu - ia, al - le-lu - ia. Christ is ris - en, ris'n in-deed.

## READING

The holy gospel according to Mark.

**Glory to you, O Lord.**

Mark 5:1-20

<sup>1</sup>They came to the other side of the sea, to the country of the Gerasenes. <sup>2</sup>And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. <sup>3</sup>He lived among the tombs; and no one could restrain him any more, even with a chain; <sup>4</sup>for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. <sup>5</sup>Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. <sup>6</sup>When he saw Jesus from a distance, he ran and bowed down before him; <sup>7</sup>and he shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me." <sup>8</sup>For he had said to him, "Come out of the man, you unclean spirit!" <sup>9</sup>Then Jesus asked him, "What is your name?" He replied, "My name is Legion; for we are many." <sup>10</sup>He begged him earnestly not to send them out of the country. <sup>11</sup>Now there on the hillside a great herd of swine was feeding; <sup>12</sup>and the unclean spirits begged him, "Send us into the swine; let us enter them." <sup>13</sup>So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the sea, and were drowned in the sea.

<sup>14</sup>The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. <sup>15</sup>They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. <sup>16</sup>Those who had seen what had happened to the demoniac and to the swine reported it. <sup>17</sup>Then they began to beg Jesus to leave their neighborhood. <sup>18</sup>As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. <sup>19</sup>But Jesus refused, and said to him, “Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.” <sup>20</sup>And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.

The gospel of the Lord.

**Praise to you, O Christ.**

*Sit.*

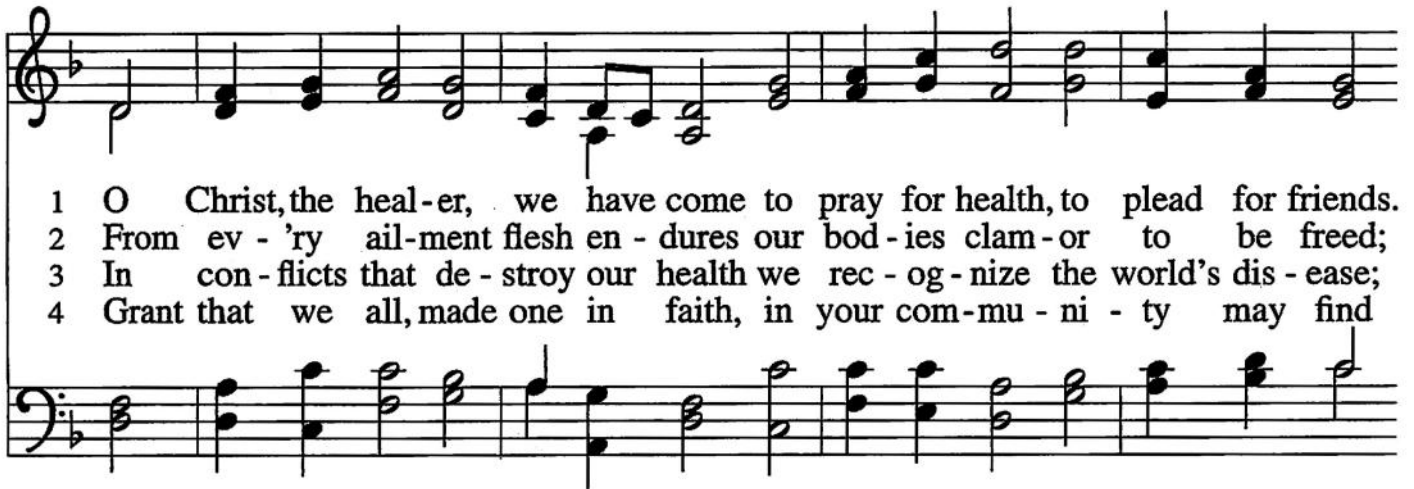
## CHILDREN'S SERMON + SERMON

Pastor Eric Bostrom.

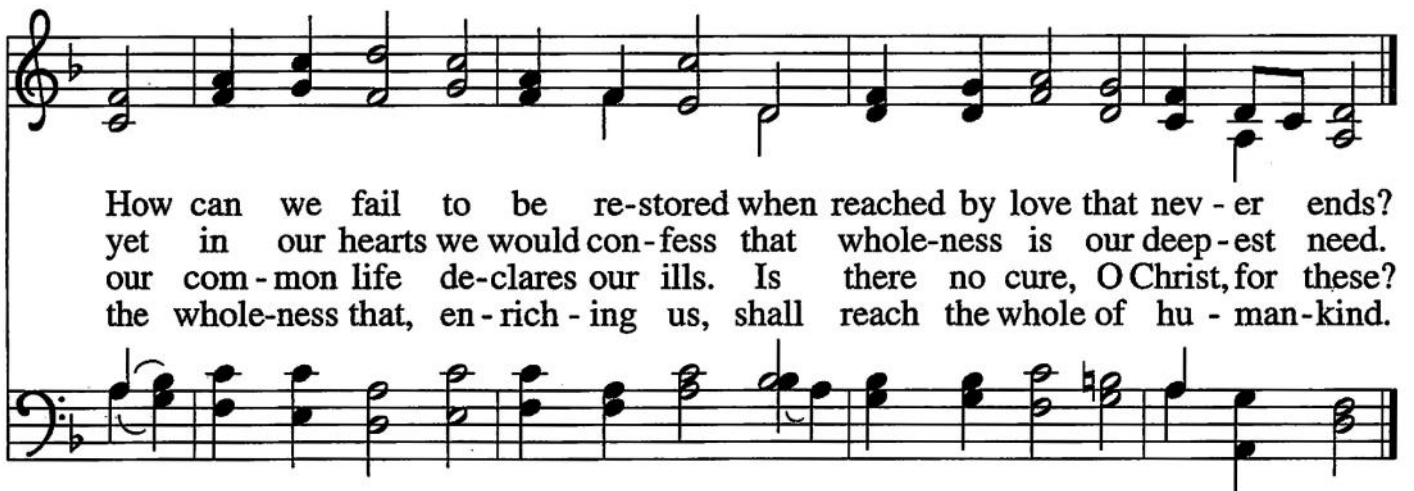
*Stand.*

# HYMN OF THE DAY • "O CHRIST, THE HEALER, WE HAVE COME"

*Evangelical Lutheran Worship 610*



1 O Christ, the heal-er, we have come to pray for health, to plead for friends.  
2 From ev - 'ry ail-ment flesh en - dures our bod - ies clam - or to be freed;  
3 In con - flicts that de - stroy our health we rec - og - nize the world's dis - ease;  
4 Grant that we all, made one in faith, in your com - mu - ni - ty may find



How can we fail to be re-stored when reached by love that nev - er ends?  
yet in our hearts we would con-fess that whole-ness is our deep-est need.  
our com - mon life de-clares our ills. Is there no cure, O Christ, for these?  
the whole-ness that, en - rich - ing us, shall reach the whole of hu - man-kind.

# CREED

Together, let us confess our faith.

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the power of the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended into hell.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## PRAYERS OF THE CHURCH

As we celebrate Christ embodied in human form,  
we pray for God's blessing on the church,  
the world, and all of creation.

*At the conclusion of each petition:*

God of grace,  
**receive our prayer.**

Knowing the Holy Spirit intercedes for us,  
we offer these prayers and the silent prayers of our hearts  
in the name of our Savior, Jesus Christ.

**Amen.**

## SHARING OF THE PEACE

The peace of Christ be with you always.

**And also with you.**

*Sit.*

## OFFERING

God intends to unite all creation,  
so that all may share in the promises of God's new reign.

Therefore, with gratitude and joy,  
let us render tributes and bring gifts,  
for we have access to God in boldness and confidence  
through faith in Christ.

## OFFERING

God intends to unite all creation,  
so that all may share in the promises of God's new reign.

Therefore, with gratitude and joy,  
let us render tributes and bring gifts,  
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through faith in Christ.

*You can participate in the Offering electronically  
by scanning the QR code and filling out the online form.*



## OFFERTORY

*“Be Not Afraid”  
MVLC Sanctuary Choir.*

*Stand.*

# OFFERTORY RESPONSE • "GIVE THANKS"

Worship & Praise 41



Give thanks with a grate - ful heart, give thanks to the Ho - ly One,



give thanks be - cause he's giv - en Je - sus Christ, his Son.



Give thanks with a grate - ful heart, give thanks to the Ho - ly One,



give thanks be - cause he's giv - en Je - sus Christ, his Son.



And now let the weak say, "I am strong," let the poor say, "I am



rich," be - cause of what the Lord has done for us. And



now let the weak say, "I am strong," let the poor say, "I am



rich," be - cause of what the Lord has done for us. Give thanks!



## OFFERTORY PRAYER

Blessed are you, Holy One,  
for all good things come from you.

In bread and cup you open heaven to us.

Meet us at this table,  
that we receive what we seek  
and follow your Son, Jesus,  
in whose name we pray.

**Amen.**

# GREAT THANKSGIVING

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is indeed right, our duty and our joy,  
that we should at all times and in all places  
give thanks and praise to you,  
almighty and merciful God,  
through our Savior Jesus Christ;  
who on this day overcame death and the grave,  
and by his glorious resurrection  
opened to us the way of everlasting life.

And so, with all the choirs of angels,  
with the church on earth and the hosts of heaven,  
we praise your name and join their unending hymn:

# SANCTUS • "HOLY, HOLY, HOLY"

All Creation Sings, Holy Communion, Setting 11



Ho - ly, ho - ly, ho - ly God of pow - er and might,



heav - en and earth . . . are full of your glo - ry.



Ho - san - na, ho - san - na, ho - san-na in the high - est.



Ho - san - na, ho - san - na, ho - san-na in the high - est.



Bless - ed is the one who comes in the name of our God.



Ho - san - na, ho - san - na, ho - san-na in the high - est.



Ho - san - na, ho - san - na, ho - san-na in the high - est.

## WORDS OF INSTITUTION

### THE LORD'S PRAYER

Lord, remember us in your kingdom  
and teach us to pray:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins  
as we forgive those  
who sin against us.**

**Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.**

### COMMUNION

At Jesus' table, heaven and earth are joined as one.  
Come and see.

*Sit.*

## DISTRIBUTION

*At Mountain View Lutheran Church we practice an open communion table, which means that everyone is welcome to receive the body and blood of Jesus Christ. (You don't have to be a member of MVLC.)*

*If you need an alcohol-free element or a gluten-free element, then please let your server know.*

*If you are unable to come forward for communion, then please let an usher know and you will be served where you are seated.*

## WELCOME TO CHRIST'S TABLE

This is the table, not of the Church, but of Jesus Christ.  
It is made ready for those who are loved by God,  
whether you feel loved or not.

It is for those who desire to grow in love with God.

So come, you who have much faith and you who have little.

You who have been here often  
and you who have not been for a long time or ever before.

Come, you who have tried to follow  
and you who live with a sense of failure in your following.

Come, not because the Church invites you;  
it is Christ who invites you to be known and fed and loved here.

Please come. Receive the gifts of God for all the people of God.

# LAMB OF GOD • "LAMB OF GOD"

*All Creation Sings, Holy Communion, Setting 11*



O Lamb . . of God, you . . take a - way the



sin of the world; . . . have . . mer - cy up - on us.



O Lamb . . of God, you . . take a - way the



sin of the world; . . . have . . mer - cy up - on us.



O Lamb . . of God, you . . take a - way the



sin of the world; . . . have . . mer - cy up -



on us, have . . . mer - cy up - on us.



Grant us your peace. A - men.

# COMMUNION HYMN • "HERE IS BREAD"

*Evangelical Lutheran Worship 483*



1 Here is bread, here is wine, Christ is with us, he is with us.  
2 Here is grace, here is peace, Christ is with us, he is with us.  
3 Here we are, joined in one, Christ is with us, he is with us.



Break the bread, taste the wine, Christ is with us here.  
Know his grace, find his peace, feast on Je - sus here.  
We'll pro - claim till he comes Je - sus cru - ci - fied.



In this bread there is heal - ing, in this cup is life for - ev - er.



In this mo - ment, by the Spir - it, Christ is with us here.

# COMMUNION HYMN • "YOU SATISFY THE HUNGRY HEART"

Evangelical Lutheran Worship 484



You sat - is - fy the hun - gry heart with gift of fin - est wheat.



Come give to us, O sav - ing Lord, the bread of life to eat.



- 1 As when the shep - herd calls his sheep, they know and heed his voice;
- 2 With joy - ful lips we sing to you our praise and grat - i - tude
- 3 Is not the cup we bless and share the blood of Christ out - poured?
- 4 The mys - t'ry of your pres - ence, Lord, no mor - tal tongue can tell:
- 5 You give your - self to us, O Lord; then self - less let us be,



so when you call your fam - 'ly, Lord, we fol - low and re - joice.  
that you should count us wor - thy, Lord, to share this heav' n - ly food.  
Do not one cup, one loaf, de - clare our one - ness in the Lord?  
whom all the world can - not con - tain comes in our hearts to dwell.  
to serve each oth - er in your name in truth and char - i - ty.

*Refrain*



# COMMUNION HYMN • "GOD EXTENDS AN INVITATION"

*Evangelical Lutheran Worship 486*



God ex - tends an in - vi - ta - tion to the ta - ble of cre -



a - tion, where there's wine and light and bread. Here we



gath - er in thanks - giv - ing and we of - fer all our liv - ing. Here the



feast of life is spread; here the feast of life is spread.

*Stand.*

## PRAYER AFTER COMMUNION

Giver of every gift,

**Christ's body is our food, and we are Christ's body.  
Raise us to life by your power  
for the benefit of all and to your glory,  
now and forever.**

**Amen.**

## DEACON SENDING

Deacons are called to “make Christ and his redemptive love known by word and example.” (1 Timothy)

Such love is expressed in the extension of Holy Communion to those who are homebound or hospitalized.

Gracious God,

**as Jesus called disciples to follow him, bless those who go forth to share your word and sacrament with those who are sick and homebound. May these gifts be signs of our love and prayers, that through the sharing of the body and blood of Christ, all may know your grace and healing revealed in Jesus Christ our Lord.  
Amen.**

## BLESSING

God who names you,  
Christ who claims you,  
and the Holy Spirit who dwells in you,  
+ bless you and remain with you always.

**Amen.**

# SENDING HYMN • "SEND ME, LORD"

Evangelical Lutheran Worship 809



Send me, Lord. 1 Send me, Je - sus, send me, Je - sus, send me,  
(2) Je - sus, lead me, Je - sus, lead me,  
(3) Je - sus, fill me, Je - sus, fill me,



Repeat ad lib.

End

2 Lead me, Lord.

3 Fill me, Lord.

Je - sus, send me, Lord. 2 Lead me,  
Je - sus, lead me, Lord. 3 Fill me,  
Je - sus, fill me, Lord.

## SENDING

Go in peace. You are God's beloved.

**Thanks be to God.**

## POSTLUDE

*Flowers on the altar  
are given to the glory of God  
by the MVLC Altar Guild.*

•

*Sunday Adult Education*

**REVELATION** with Pastor Eric

Sunday mornings at 9:30 a.m. in the Life Together Hall.

*Wednesdays at the Well*

**MEANINGFUL CONVERSATIONS** with Pastor Eric and Pastor Bri

5:30 p.m. in the Life Together Hall for dinner. 6:30 p.m. for class.

We are starting from the premise that everyone is concerned about the level of gun violence in the U.S. which has become the leading cause of death for our children and teens. Through the sharing of our personal stories we hope to practice listening to the variety of narratives we hold around guns. Through shared reflection we hope to name realities, fears and hopes that we hold in common. And through conversation that can withstand division, we hope to name meaningful courses of action to help our community begin to change the realities of gun violence we face.

# WORSHIP NOTES

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Worship leaders include:

*Both services*

- J PREACHER: Pastor Eric Bostrom.
- J PRESIDERS: Pastor Briana Merkle.
- J ASSISTING MINISTER: Ken Swanson.
- J DIRECTOR of MUSIC MINISTRIES: Brenna Sage.
- J VIDEOGRAPHER: David Burch.
- J ALTAR GUILD: Karen Lonn, Dotty Shireman, Diana Smith, Sandi Swanson.

*8:15 a.m.*

- J USHERS: Skip Harrison (head usher), Terry Freed, Walt Freed.
- J GREETER: Sandi Swanson.
- J ACOLYTE: Ezra Holden.
- J LECTOR: Diane Tyler.
- J COMMUNION ASSISTANTS: Janice Harrison, Flora Larson.
- J SOUND: Beth Ann Johnson.

*10:45 a.m.*

- J USHERS: Alison Hutton, Diane Nelson, Lindy Nelson, Bob Yost (head usher).
- J GREETER: Linda Roa.
- J ACOLYTE: Emilia Olson.
- J LECTOR: Amy Lewis.
- J COMMUNION ASSISTANTS: Linda Roa, Marlene Wright.
- J SOUND: Megan Hutton.

## MOUNTAIN VIEW LUTHERAN CHURCH

3505 - 122nd Avenue East, Edgewood WA 98372  
www.mtviewlutheran.org • 253-863-5171

# WOMEN'S RETREAT

*February 23-25, 2024 at Camp Indianola*



The purpose of this retreat is to gather the generations of MVLC women to reflect on and share our stories of lived faith and to pause together for laughter, prayer, holy conversations, and fellowship.

**Cost:** \$75/person for the weekend payable through the registration website. (Click on the QR code.)

**Meals:** We will be making our own meals. You will be placed in a small group which will be responsible for bringing the needed supplies and cooking 1 meal. The planning team will provide recommendations of easy large group meals. We have a full industrial kitchen to use in our lodging space and will provide more information closer to the retreat.

**What time do we arrive/depart:** The arrival window of Friday will be from approximately 3:30pm to after dinner. We recognize some will be arriving after work. The retreat will begin following dinner Friday evening. On Sunday, we will end around 11am.

**I am not able to spend the night. Can I come out just for the day Saturday?** This year, we are close enough that you can drive out for the day. Please do not use the registration link though. You can communicate your desire to come for the day directly to Pastor Bri.

**Is there anything I need to do to prepare for the retreat?** You do not have to do any sort of preparation, however we will provide the small group conversation prompts ahead of time so that you can reflect on them as you are able. We are drawing inspiration for this Faith Stories retreat from Barbara Brown Taylor's book *An Altar in the World*, so here are so ways you can prepare as you are able/choose to: (1) Read *An Altar in the World*; and (2) listen to this On Being podcast episode: <https://onbeing.org/programs/barbara-brown-taylor-this-hunger-for-holiness/>

**Can I invite friends who don't attend MVLC?** Yes! If they are interested in reflecting on faith and life within community, please invite friends.

**Activities:** The camp is on the Puget Sound so beach front walks are possible weather-permitting. We will also have some planned activities including games at night, an art-based activity, and free-time Saturday afternoon to rest or explore the Peninsula.

**Camp Address:** 10635 NE Shore Dr, Indianola, WA 98342

**Further questions?** Contact Pastor Bri at [bmerkle@mtviewlutheran.org](mailto:bmerkle@mtviewlutheran.org)